



Chicken Satay with Spicy Peanut Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.3 pounds skinned and boned chicken breast halves
- ☐ 2 teaspoons ginger fresh minced
- ☐ 2 teaspoons garlic minced
- ☐ 1 Dash hot sauce
- ☐ 2 tablespoons juice of lemon
- ☐ 24 servings spicy peanut sauce
- ☐ 2 tablespoons sesame oil
- ☐ 0.3 cup cooking sherry

☐ 0.3 cup soya sauce

Equipment

☐ baking sheet

☐ oven

☐ ziploc bags

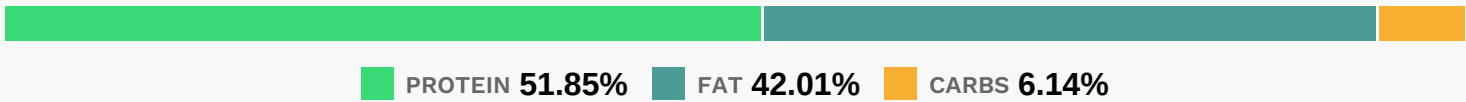
☐ skewers

☐ wooden skewers

Directions

- ☐ Cut chicken into 3- x 1/2-inch strips.
- ☐ Combine lemon juice and next 6 ingredients in a heavy-duty, zip-top plastic bag.
- ☐ Add chicken, and seal bag securely. Marinate in refrigerator 1-1/2 hours, turning once.
- ☐ Remove chicken from marinade, discarding marinade. Thread chicken onto 8-inch wooden skewers.
- ☐ Place skewers on greased baking sheets, and bake at 375` for 10 minutes or until done.
- ☐ Serve with warm Spicy Peanut Sauce.

Nutrition Facts



Properties

Glycemic Index:3.13, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:2.4613043607577%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 44.17kcal (2.21%), Fat: 1.93g (2.97%), Saturated Fat: 0.3g (1.88%), Carbohydrates: 0.63g (0.21%), Net Carbohydrates: 0.6g (0.22%), Sugar: 0.28g (0.31%), Cholesterol: 15.12mg (5.04%), Sodium: 176.83mg (7.69%), Alcohol: 0.26g (100%), Alcohol %: 1.01% (100%), Protein: 5.35g (10.71%), Vitamin B3: 2.57mg (12.83%), Selenium: 7.62µg (10.89%), Vitamin B6: 0.19mg (9.35%), Phosphorus: 53.74mg (5.37%), Vitamin B5: 0.35mg (3.5%), Potassium: 97.3mg (2.78%), Magnesium: 7.57mg (1.89%), Vitamin B2: 0.03mg (1.66%), Vitamin B1: 0.02mg (1.17%), Manganese: 0.02mg (1.16%), Vitamin C: 0.86mg (1.04%), Zinc: 0.15mg (1.03%)